

TRRFCC CHEER CHALLENGE

Standard 5 READINESS (Kindergarten)

5PA-R1

PO 1, PO 2, PO 3

EQUIPMENT: A parachute suitable to the size of your class.

OBJECT OF ACTIVITY: Follow rules; work in a group setting; handle and care for equipment safely and responsibly

PARACHUTE CUES: Hold thumbs down fingers on top. **No** body parts in or through center hole -- Verbal cues: **Fruit basket** = arms extended toward feet - chute held still and quiet below waist **Umbrella** = Raise chute above head/lower to below waist - **Outside Mushroom** = Raise chute above head/lower to ground hands tight to the ground/nobody lets go - **Inside Mushroom** = Raise chute above head/ face outside as you lower chute tight to ground - chute is now covering all participants – nobody lets go **Soft Waves** = start with fruit basket then softly move and lightly shake parachute - **Hurricane** = fruit basket to vigorously shaking the parachute. ***Special Note: Substitute appropriate parachute cues used at your location if your terms are different from those listed above.***

Warm-Up: Practice a variety of commands listed under CUES.

ACTIVITY GUIDELINES: TRRFCC CHEER CHALLENGE

Assemble the group around the parachute. Complete warm-up. Finish with a **Fruit basket**. While group maintains a fruit basket, talk about the importance of knowing and following the CC! Pillars by heart.... Tell group when they hear the word “**Hurricane**” they are to vigorously shake the parachute until they hear the command “**Pillar Cheer**”. As soon as they hear that command they immediately form a “**fruit basket**”, then on the leader count of three they begin to yell the name of a pillar each time they form a “**Umbrella**”. Goal is to say the Pillars in the TRRFCC order... if they accomplish that can they do them in reverse or with every other letter?

FOLLOW-UP: Focus on their positive ability to work together and talk about how teamwork “pays off” in health, sports and in life!

Sue Mellen

“CHARACTER IN MOTION”

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